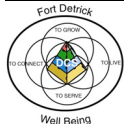




Fall Group Exercise Schedule




Captain Jennifer J. Shafer Odom Fitness Center, Building 1507

301-619-2498

(Schedule is subject to change without notice! No classes will be held on Federal holidays!)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KICK-BOX Theresa 0615	BUTT & GUT Theresa 0615	KICK-BOX Theresa 0615	TORSO TRAINING Theresa 0615	SPINNING Jay 0630	SPINNING Anne 0800	BUTT & GUT Theresa 0730
					INTERVAL TRAINING Anne 0900	SPINNING Anne 0900
STEP Kelly 1130	KICK-BOX Theresa 1130	DOUBLE STEP Kelly 1130	KICK-BOX Theresa 1130	STEP Kelly 1130		
	W.S.T. 101 Kelly 1300		W.S.T. 202 Kelly 1300			
SPINNING Kelly 1630-1715	BUTT & GUT Kelly 1630	SPINNING Kelly 1630-1715	BUTT & GUT Anne 1630			
CARDIO CHALLENGE Tammy 1730-1845	INSTR CHOICE Tammy 1730	CARDIO CHALLENGE Tammy 1730-1845	CARDIO PUMP Anne 1730	KICK-BOX Anne 1700		
	W.S.T. 101 Kelly 1830		W.S.T. 202 Kelly 1830			

**Schedule effective
1 September 2003**

Participants must pre-register for W.S.T. 101 and W.S.T. 202 classes
 Participants must sign-up for Spinning, prior to class-time. Only those present at the time class begins will be guaranteed a bike!
ALL OTHER CLASSES DO NOT HAVE PRIOR REGISTRATION!
 Contact Kelly Scrivener at 301-619-2930 for more information

CLASS DESCRIPTIONS

24 classes for \$40.00 or \$2.00 per class - 3 participants required to conduct a class!

BUTT & GUT: This class uses various strength training exercises to shape and tighten those "difficult" areas. Focus will mainly be on the abdominal and gluteus muscles.

CARDIO CHALLENGE: For those of you who want a challenge in your workout! Cardio Challenge intermixes Step, Kick-Box, and Body Sculpting to give you the shape you've been searching for.

CARDIO PUMP: Add a little variety to your life! Cardio Pump utilizes the skills from Step Aerobics, Circuit Training, Interval Training, High/Low Impact Aerobics, and Kick-Box to create this exciting workout. This class is full of surprises!

DOUBLE STEP: A low impact cardiovascular exercise utilizing two Reebok Steps. Great way for beginners to learn moves!

INTERVAL TRAINING: Interval Training combines high and low intensity aerobic activity! This class will get you in shape in no time!

KICK-BOX: Box your way to a better body! Kick-Box is a low-impact, cardiovascular class, incorporating a variety of punches and kicks using no contact. Definitely a great workout!

SPIN: What a great cross training tool! Indoor cycling!!! This non-impact class is designed to meet and improve all levels of fitness. Spin involves music, motivation, and a challenging environment. This is a class no one would want to miss. **Spin bikes are limited! Participants must sign-up prior to class-time to reserve a space. Only those present at the time class begins will be guaranteed a bike!**

STEP: Have fun and work up a sweat! Step Interval is a low impact, cardiovascular class that can be high or low intensity (depending on your fitness level)! This class utilizes the Reebok step.

TORSO TRAINING: This class will tighten and strengthen your muscles! Torso Training incorporates body weight exercises, resistance bands, tubing, body bars, and balance and stability balls! This class will have an emphasis on abdominal and upper-body strengthening! Don't miss this one!

W.S.T. 101: Also known as *Women's Strength Training 101*. In this beginner level class, women will learn strength-training techniques using Nautilus machines. The class will also focus on designing an individual strength program.

Must have a minimum of 3 participants and a maximum of 6 per session. Classes will meet one time per week for one hour. Pre-registration is required!

W.S.T. 202: An intermediate course for women to expand their knowledge of strength training. The focus will be free weights, body weight exercises, and advanced training techniques. **Must have a minimum of 3 participants and a maximum of 6 per session. Classes will meet one time per week for one hour. Pre-registration is required!**

All classes include abdominal and lower back strengthening. • Unless otherwise noted, all classes are one hour in length.

CPT Jennifer J. Shafer Odom Fitness Center

Building 1507

301-619-2498



Hours of Operation:

Monday-Friday: 0600-2100

Saturday & Sunday: 0700-1500

Federal Holidays: 1000-1500

Closed Thanksgiving, Christmas, and New Year's Day

www.detrick.army.mil